

Ep 66. Fiercely Committed to Joy



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Kym Showers

[Reinvented After 40 with Kym Showers, Life Coach](#)

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I am Kym Showers, and this is *Reinvented After 40*, episode number 66: Fiercely Committed to Joy.

Hey, friends. Welcome to *Reinvented After 40*, a podcast for all you women in the second half of life who are ready to take responsibility for your own wellbeing and create a life you love living.

I'm your host, Kym Showers, and after spending the first 40 years of my life people-pleasing and following all the rules, I was exhausted and ready for a change. I reinvented myself. I stopped outsourcing my happiness. And I've been brave enough to live a different kind of life.

I'll be here each week to help you do the same thing. It's going to be fun. Let's go.

Hello, my friends, welcome back to the show and happy December 15th, 2022. We are 10 days away from Christmas. So I want to talk to you this morning about being fiercely committed to joy. When I think about my life and what my life is all about moving forward I am fiercely committed to joy, to living a life of joy, of wellbeing, a life that I'm thriving in and that I'm flourishing in. That to me is being fiercely committed to a life of joy. I have this one life to live and it's completely up to me the way I live it and so it is for you.

It's 100% up to you if you want to live a life of joy, of wellbeing. A life that you're flourishing in. A life that you absolutely can't wait to get up every morning to live. I know it's possible for you because it's the life that I choose, that I'm fiercely committed to every single day. I am addicted to good feelings, to feeling good. And I think that the reason I experience so many good feelings especially now is because I'm not afraid to experience negative feelings anymore.

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I am very familiar with the feeling of disappointment, of discouragement, of self-doubt, of anxiety, of fear. I'm very familiar with all of those feelings and I'm sure you are too. The difference is I've learned how to deeply feel them, like I deeply feel joy, and peace, and happiness, and security, and confidence. And altogether being able to have the space and actually you guys, the confidence to feel negative emotion without making it mean that there's something wrong with me. Without making negative emotion mean that something has gone wrong.

Now I know when anxiety creeps in, when fear creeps in, when any negative feelings, when self-doubt creeps in, and I talked to you about this last week. I experience a lot of negative feelings now because I am so committed to growth and to change, and I have big dreams. And the path to all of that is negative feelings, as well as positive feelings. They're both equally important. They're both actually equally welcomed into my life and that keeps me moving forward at a pretty good pace, a pace that I really enjoy, a pace that I feel in control of actually, that I'm choosing every single day.

This is a life of joy for me and for you when you know that hand-in-hand with joy comes heartbreak, heartache, loss, and difficulties. That's all supposed to be there because that's the full human experience. You will, alongside with me, become fiercely committed to a life of joy. You're no longer afraid of negative feelings. You're no longer making negative feelings mean something about you. That maybe you're doing something wrong or you're not good enough, or you're not supposed to be doing what you're doing.

It actually means yeah, you're doing it right. You're absolutely supposed to be feeling these feelings now. Once you learn to feel them, process them. Remember they're just vibrations in our body that we can handle, that we were actually created to handle these feelings. And once we learn that they don't mean anything about us as amazing women, the more I feel negative

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feelings the more amazing I become in my own head, in my own body, in my own spirit.

The more confident I become, the more competent I become with the things that I really want to learn because I'm just a really good student. I'm a lifelong learner. I always want to be the dumbest person in the room, I want to be in over my head, remember that. So I have had to get really good at feeling negative emotions which has become my super power, that has led me to this unexplainable almost life of joy, of flourishing, of beauty, of wellbeing, of confidence, of a very strong self-concept.

So a life committed to joy means a life committed to growth, which means a life committed to doing hard things and experiencing negative emotions which we all can do with confidence moving forward. So joy is a feeling of extreme happiness, of extreme delight, of extreme gladness, extreme satisfaction, and wellbeing in your own life. It is so possible for you. It is my life. It's the life that I'm choosing to live every single day. And I want you to choose to live that every single day as well, a life completely wholly committed, fiercely committed to joy.

Joy is the reason for Christmas, is the reason for this season, is the reason for the whole month of December. And I have been experiencing it intentionally every single day. And I think that it's worth the commitment, it's worth the intention. I was listening to a podcast, it was either early this morning or early yesterday morning, I can't remember. And I can't even remember the podcast. But they were giving some kind of profound statistics of how people are so committed to feeling bad on purpose, it's important to feel bad every day.

And I want you to notice that, if you're committed to anxiety, or if you're committed to frustration, or if you're committed to self-doubt, or if you're committed to you're just resisting feeling good. Your body is so used to feeling bad that you're actually kind of committing to that every day. The

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statistics were so high that they were talking about this, that we have to you guys, I know this is why you're listening to me because I am that bit of optimism in your ear every single week, because I'm so committed to feeling good.

I'm so committed to a life that I love living. And it requires me to be motivated, and determined, and compelled every single day. I can't just coast along because if I'm not committed to good feelings, to being positive, to being happy, to being a woman of joy, deep wellbeing, deep satisfaction, deep delight. I am a woman committed to deep delight. My soul is just a flourishing well of deep delight which is joy. I am just a joy bringer, a joy giver to everyone around me. I am someone that can be trusted. I trust myself.

So I want to pass this on to you today, I want you to know for sure that no matter where you are right now in your life. If you are 40 years old and older than that you are so capable of making the changes in your life that you need and you want to make so that you can become a woman that is fiercely committed to joy, fiercely committed to getting up every single morning and being motivated and being determined to live the exact life on purpose that you want to live. Now is the time.

And I have the best announcement that I'm making to you, my podcast listeners. Starting today between now and Christmas, December 25th I am making you, I am making you a very special offer today, my podcast listeners, starting January 10th, my first group of the new year 2023, January 10th is a Tuesday. Every Tuesday at noon starting January 10th, 2023, for one hour for six months, come join this group for half price. I'm not kidding you.

It is the very first time I have ever offered a special price or a discount ever in the four years of my coaching business. But I am so compelled, I want you all to be in this group. Come get in this group. You have until Christmas

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day to purchase a spot in my 2023 group. You will get my Reinvented After 40 workbook in the mail. You will get invited to my first ever in person retreat in the spring at my home in Shell Beach, California. It's a two day exclusive retreat for my clients, you will be included in on that.

And if you are a client of mine now, this works for you as well. You have this offer, this half price offer when your six months is over. You can purchase that package now and you will get another six months with me. So this works for you as well. So instead of \$5,000, my normal price, this is an offer between now and Christmas, it will stop at Christmas for this group that starts January 10th, 2023, at noon for one hour. And it will be noon California time for those of you that are in different time zones. It will be noon California time starting Tuesday January 10th, 2023.

So you can go to my website, you can purchase that package. You will hear from me immediately. And you just won the lottery my friend. And I want you in this group. You will change your life forever. You will make all the changes in your life that you're wanting to make, I completely 100% am confident of that. You will love having a life coach and being coached each week and being in a group. Let me tell you why I'm doing exclusive groups now instead of one-on-one.

So this last year I've made so much progress in my health, and I have such a strong mindset because of this last year. Everything that I have worked on, I have so much emotional resilience and my body has never been stronger. Now I've gone from one-on-one coaching to group coaching exclusively. And then for my own work, I've gone from working out with a trainer, and swimming by myself, and working out by myself to actually now in the last few months you know I changed to Orangetheory.

And I've also started hot yoga. So I'm in groups working out and I have seen my progress just double in such a short amount of time. And with my clients in my small groups, since I started coaching exclusively in small

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groups I have seen them just double the pace of their progress. It is so good to be together. That's why I'm doing a retreat. I just want to be back together. The more the merrier. I just want you to know you are not alone in anything you're struggling with. You are absolutely in the company of very powerful, very beautiful, very joy filled women.

And I want you to know this. And the way that you will know this is to be in this group that starts January 10th, 2023. Go to my website, purchase the package. You'll hear from me immediately and I'll get your workbook in the mail, and I'll give you all the details of the group. Okay my friends, I love you so much. Thank you for showing up today. Please share this episode with your friends, with your family, anybody that you know needs some encouragement, some motivation, some inspiration.

Have the very best joy filled week, get up every day committed, fiercely committed to a day of joy and a life of joy. You bring the joy, it is all up to you. Alright, I love you, I'll see you next Thursday.

Thanks for listening to *Reinvented After 40*. If you want more information or resources from the podcast, please visit KymShowersLifeCoach.com.